

Friday

Mediterranean Tuna Antipasto Salad
Pumpnickel bread
Milk, fluid, nonfat, calcium fortified (fat free or skim)
Oranges

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
Calories	648.51
Calories From Fat (27%)	175.54
% Daily Value	
Total Fat 20.05g	31%
Saturated Fat 2.95g	15%
Cholesterol 34.64mg	12%
Sodium 1255.8mg	52%
Potassium 1460.4mg	42%
Total Carbohydrates 82.75g	28%
Fiber 16.53g	66%
Sugar 27.64g	
Protein 39.51g	79%

Mediterranean Tuna Antipasto Salad

Packed with protein and fiber, this tuna and bean salad is ready in a flash. For an extra kick, add a pinch of crushed red pepper or cayenne. pepper.

3	cans	light meat tuna packed in water	2	Tbs	capers, rinsed
2		15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed	2 ¼	tsp	finely chopped fresh rosemary (or ½ tsp dried rosemary)
3		large limes, juice only	¾	cup	lemon juice, divided
1 ½		large red bell pepper, finely diced	6	Tbs	extra-virgin olive oil, divided
¾	cup	finely chopped red onion			Freshly ground pepper to taste
¾	cup	chopped fresh parsley, divided	¼	tsp	salt
			12	cups	mixed salad greens

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (16.4 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	367.2
Calories From Fat (42%)	154.92
% Daily Value	
Total Fat 17.7g	27%
Saturated Fat 2.4g	12%
Cholesterol 29.7mg	10%
Sodium 817.44mg	34%
Potassium 703.93mg	20%
Total Carbohydrates 29.8g	10%
Fiber 9.77g	39%
Sugar 2.5g	
Protein 25.6g	51%

Source

Source: American Heart Association Learn and Live